

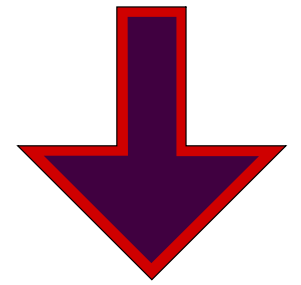
# Bullying Prevention: National Overview

Ellen R. Schmidt, MS, OT  
Children's Safety Network National Injury &  
Violence Prevention Resource Center  
Education Development Center, US  
November 17, 2009

# Bullying...

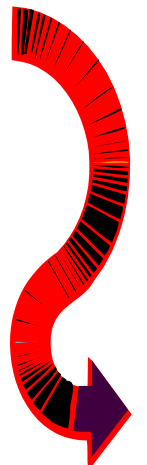
- Is aggressive behavior that intends to cause harm or distress
- Usually is repeated over time
- Occurs in a relationship where there is an imbalance of power or strength





# Direct & Indirect Bullying

- Hitting, kicking, shoving, spitting
- Taunting, teasing, racial slurs
- Threatening, obscene gestures
- Getting someone else to bully
- Spreading rumors
- Exclusion
- Cyber-bullying



## Warning Signs

- Damaged or missing personal items
- Unexplained wounds
- Has few friends
- Afraid of going to school
- Takes illogical route to school
- Lost interest in school work or performance level drops
- Appears sad, moody, teary or depressed
- Complains of headaches, stomach aches or other physical ailments.
- Trouble sleeping
- Loss of appetite
- Appears anxious
- Low self-esteem

## Children who are bullied have:

- Lower self esteem
- Higher rates of depression
- Higher absenteeism rates
- More suicidal ideation

# Conditions Surrounding Bullying

- Children usually are bullied by one child or a small group
- Common locations: playground, classroom, lunchroom, halls, bathrooms
- Bullying is more common at school than on the way to/from school

## Children Who Bully are More Likely to:

- Get into frequent fights
- Be injured in a fight
- Steal, vandalize property
- Drink alcohol
- Smoke
- Be truant, drop out of school
- Report poorer academic achievement
- Perceive a negative climate at school
- Carry a weapon

# Health Consequences of Bullying

	<u>Bullied</u>	<u>Not bullied</u>
Headache	16%	6%
Sleep problems	42%	23%
Abdominal pain	17%	9%
Feeling tense	20%	9%
Anxiety	28%	10%
Feeling unhappy	23%	5%
Depression scale		
moderate indication	49%	16%
strong indication	16%	2%

(Fekkes et al., 2003)



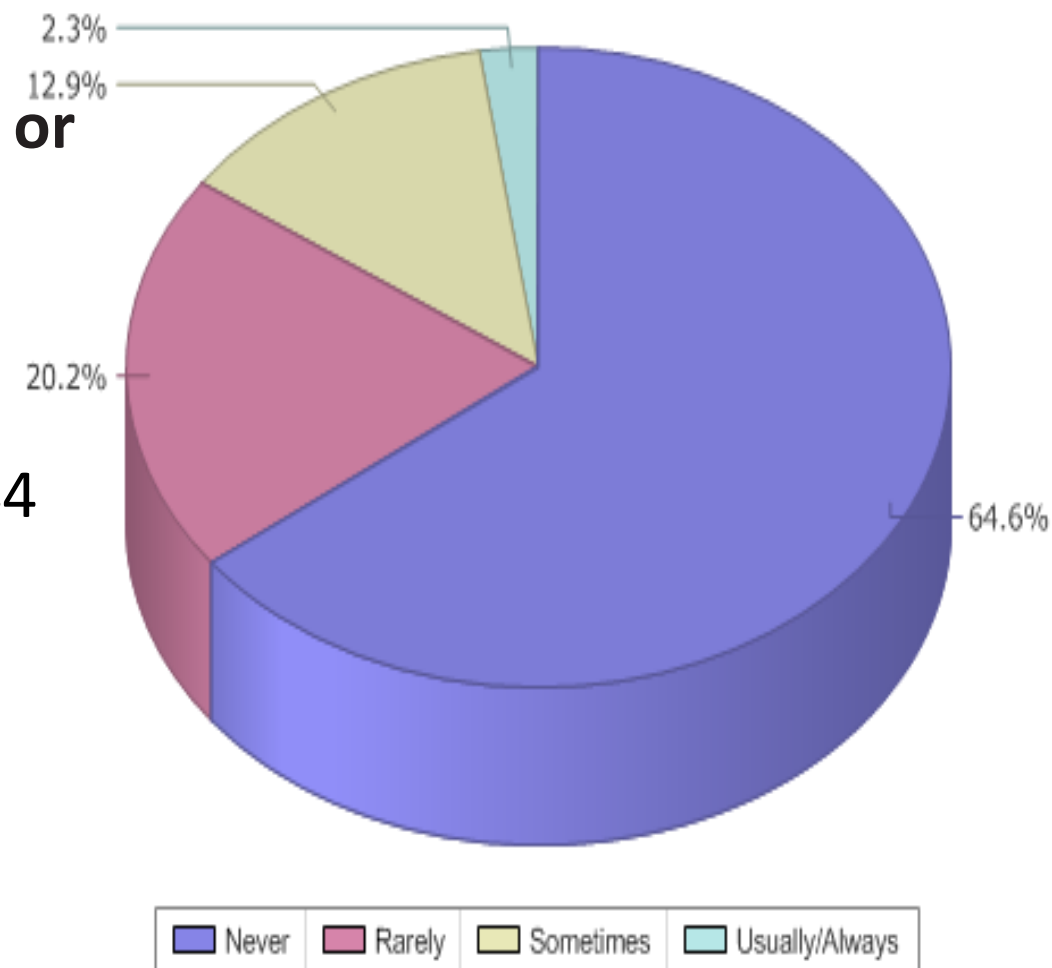
# Bullying, School Engagement & Academic Achievement

- Bullied children are more likely to:
  - Want to avoid going to school
  - Have higher absenteeism rates
  - Say they dislike school
  - Report they receive lower grades



# NATIONAL SURVEY OF CHILDREN'S HEALTH, 2007

- **Bullies or Is Cruel Mean to Others**
  - *Children age 6-17 yrs*
- $N = 64,012$
- Weighted Est. = 42,868,444

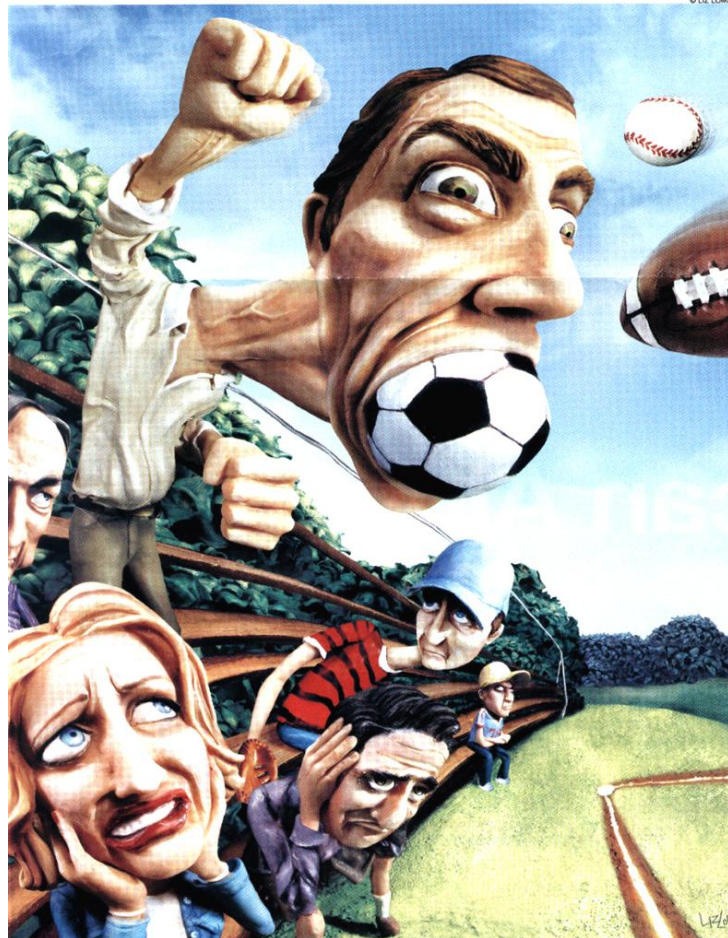


“Injustice anywhere is a threat to justice everywhere.”

Martin Luther King, Jr.



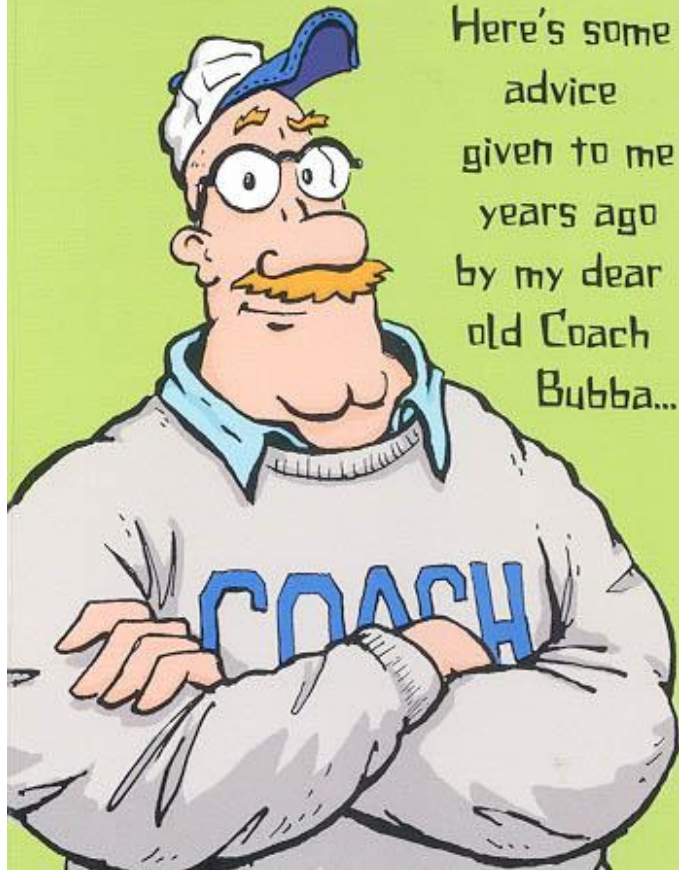
# Adults Who Bully....





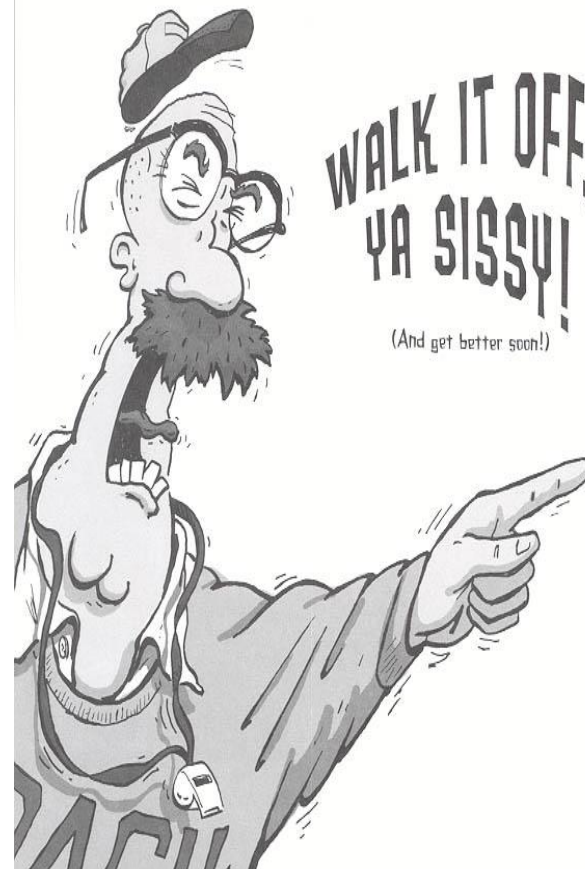
# FEELING LOUSY?

Here's some  
advice  
given to me  
years ago  
by my dear  
old Coach  
Bubba...



WALK IT OFF,  
YA SISSY!

(And get better soon!)



# Epidemic of Bullying

- A healthier population begins with reducing toxic stress in childhood, not just trying to change adult behavior.
- Effective early childhood programs offer an opportunity to promote lifelong health and prevent adult disease, not just prepare children for success in school.

Jack Shonkoff, MD

Center for the Developing Child

# POLICY

- Guidelines
- Regulations
- Policy - schools
- More suicidal ideation



“Policies that seek to remedy deficits incurred in early years are much more costly than early investments wisely made, and do not restore lost capacities even when large costs are incurred. The later in life we attempt to repair early deficits, the costlier the remediation becomes.”

James J. Heckman, PhD  
Nobel Laureate in Economics, 2000

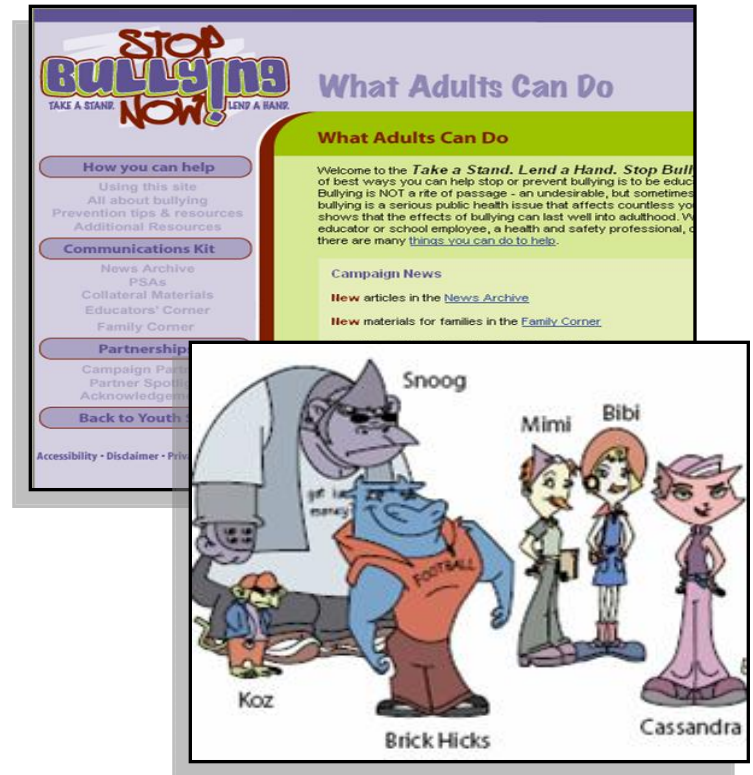


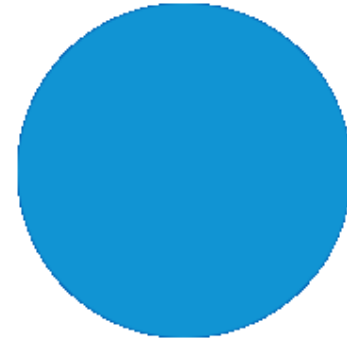
[www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)

# www.StopBullyingNow.hrsa.gov

## (Campaign “HQ”)

- Every campaign resource housed here and downloadable for FREE
- Specially designated youth and adult sections
- Updated every 60 days since launch in March 2004
- *Sitio Web en Español* – site content available in Spanish
- Interactive site





# Eyes on Bullying

**RON SLABY, Ph.D. & KIM STOREY, Ed.D.**



Education Development Center

Newton, MA, USA



# A New Multimedia Program

## TOOLKIT

Specific insights, strategies, activities, and resources to address bullying

WEBSITE [www.eyesonbullying.org](http://www.eyesonbullying.org)

- Look at and understand bullying in a new way
- Re-examine your knowledge and beliefs about bullying
- Shape the beliefs and behaviors of children

## TELESEMINARS

- Spotlight on Young Children
- Growing Problem of Cyber bullying
- Bullying in Camp and Youth programs

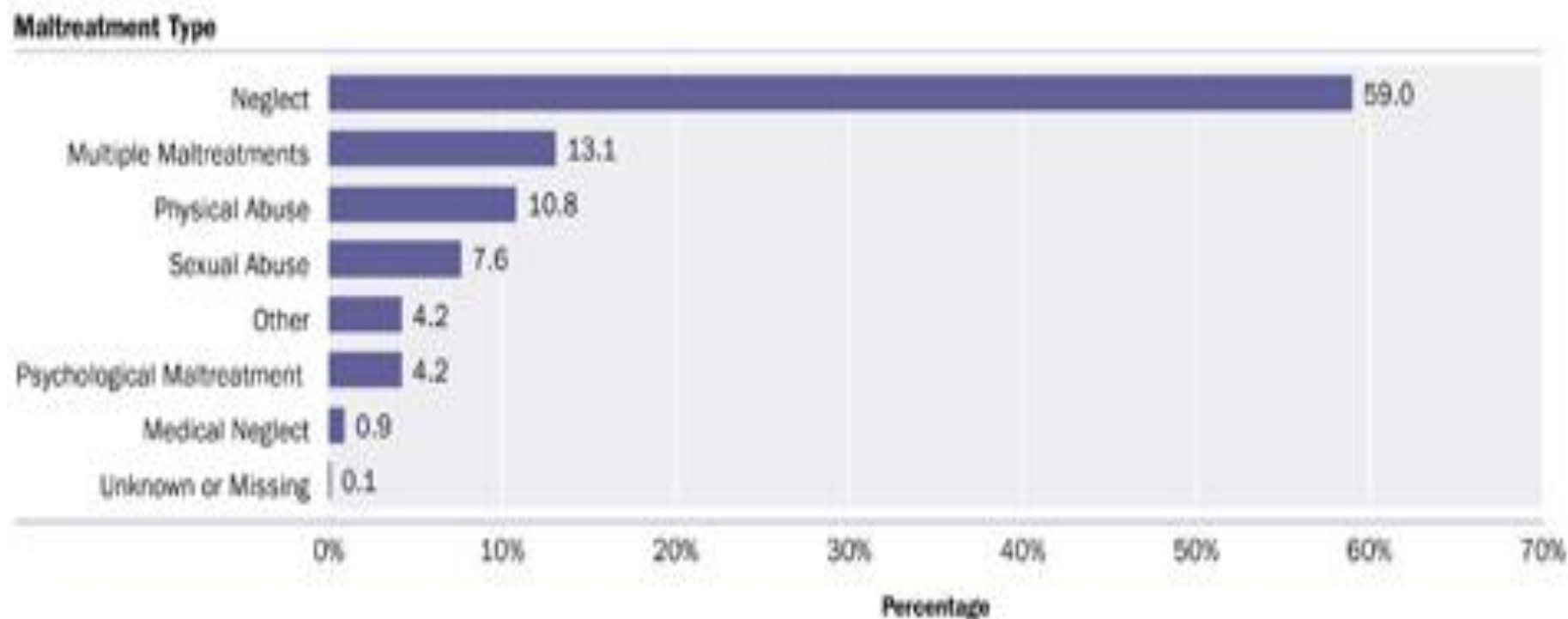
# Child Abuse and Neglect National Overview

Sally Fogerty  
Children's Safety Network National Injury &  
Violence Prevention Resource Center  
Education Development Center, US  
November 17, 2009

## Scope of the Problem, 2007

- 3.5 million children investigated for abuse or neglect
- 794,000 identified as abused or neglected
- 1,500 died of abuse or neglect – 75% deaths <4
- Highest rate of victimization 0-1 year (21.9 per 1000)
- Increase from 2003 – 2007 except for 2005
- Significant underreporting

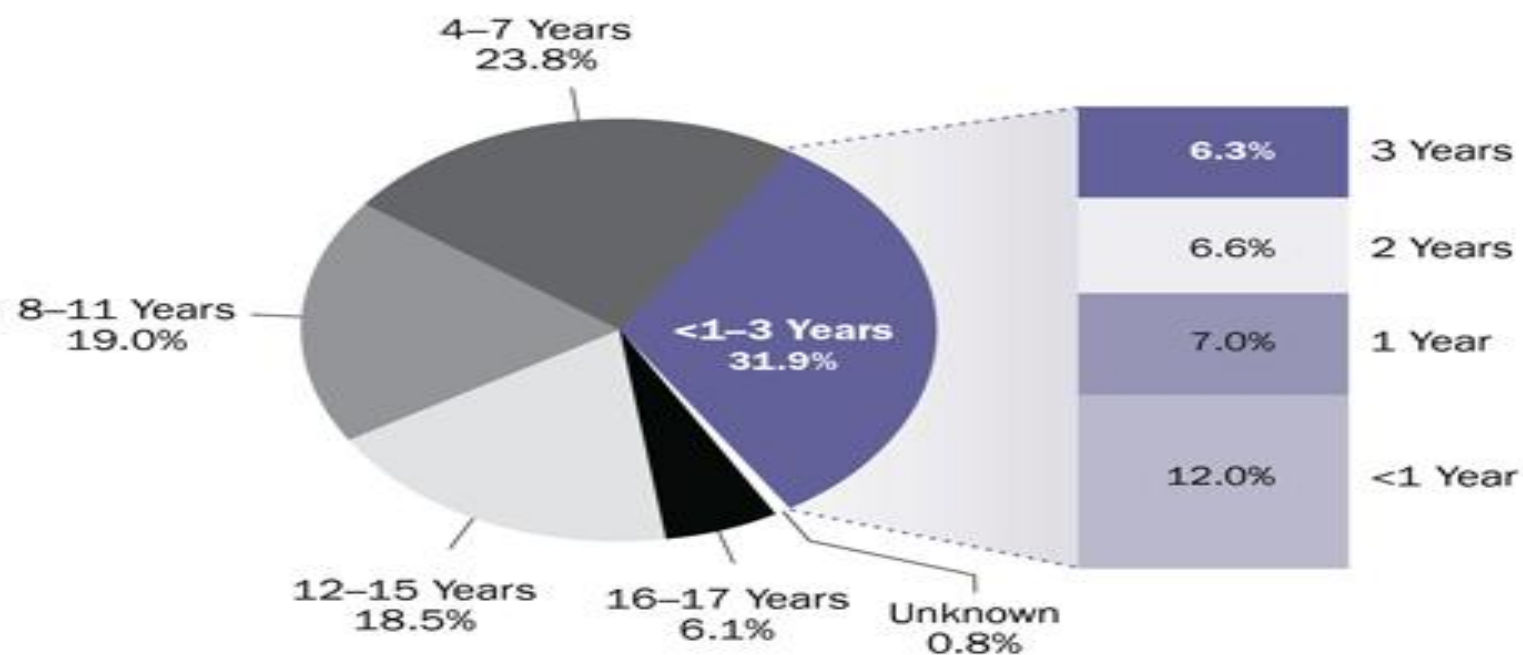
**Figure 3-4 Victims by Maltreatment Type, 2007**



*Based on data from 3-8.*



**Figure 3–2 Age by Percentage of Victims, 2007**



*Based on data from table 3–6.*

# Definition

- Varies from state to state.
- Varies by social construct
- Federal Child Abuse Prevention and Treatment Act (CAPTA), 2003
  - Any recent act or failure to act on the part of a parent or caretaker, which results in death, serious physical or emotional harm, sexual abuse or exploitation, or an act or failure to act which presents an imminent risk of serious harm.

# Continuum

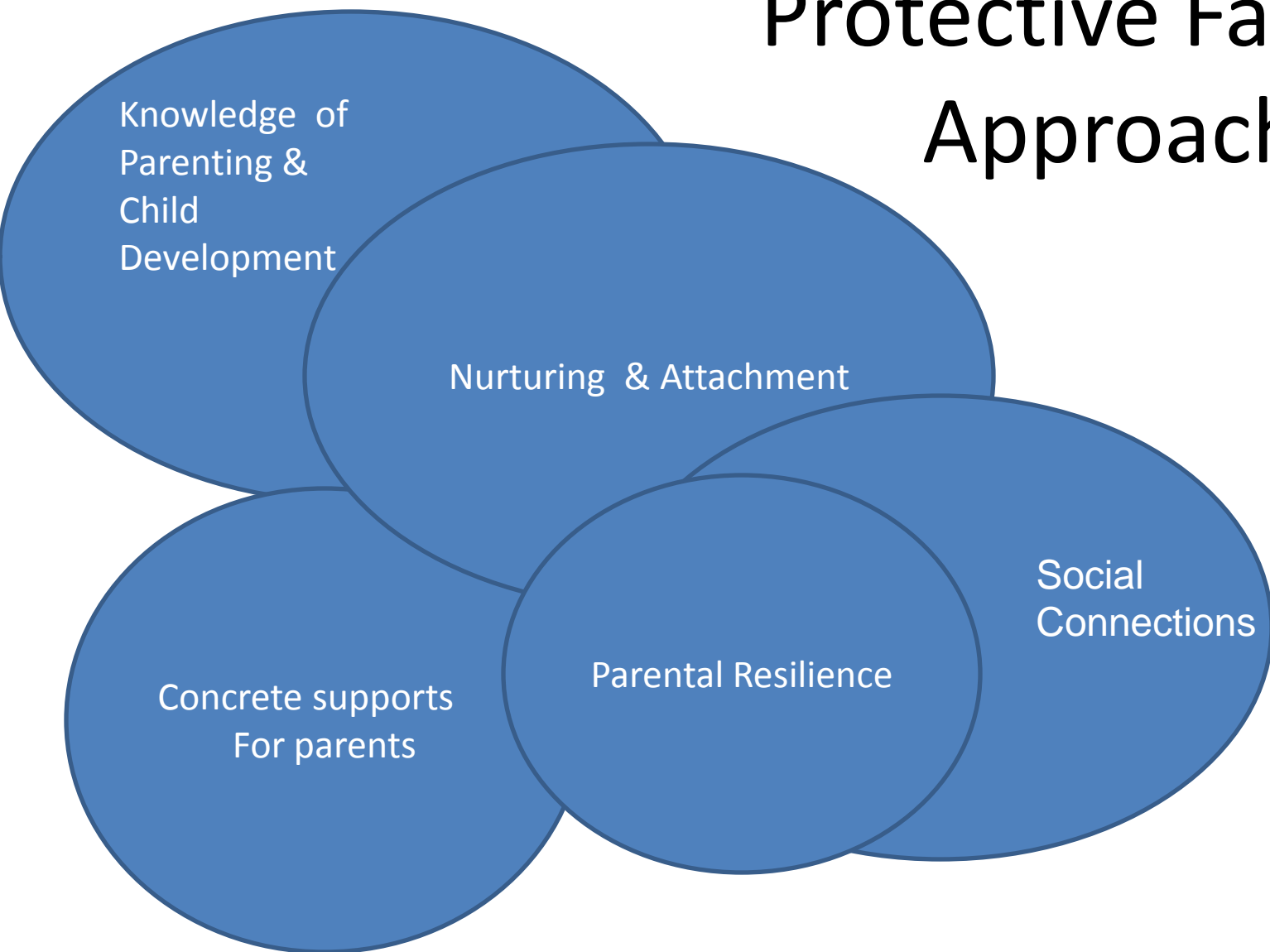
- Abuse from:
  - non-criminal – inflicted but no intent/negligence
  - Criminal – intentional, knowingly, criminal negligence
- Neglect from
  - unintentional injury or death – momentary lapse
  - Poor or inadequate parenting
  - Failure to provide, protect or supervise
  - Intentional negligence

# CDC 5 Categories

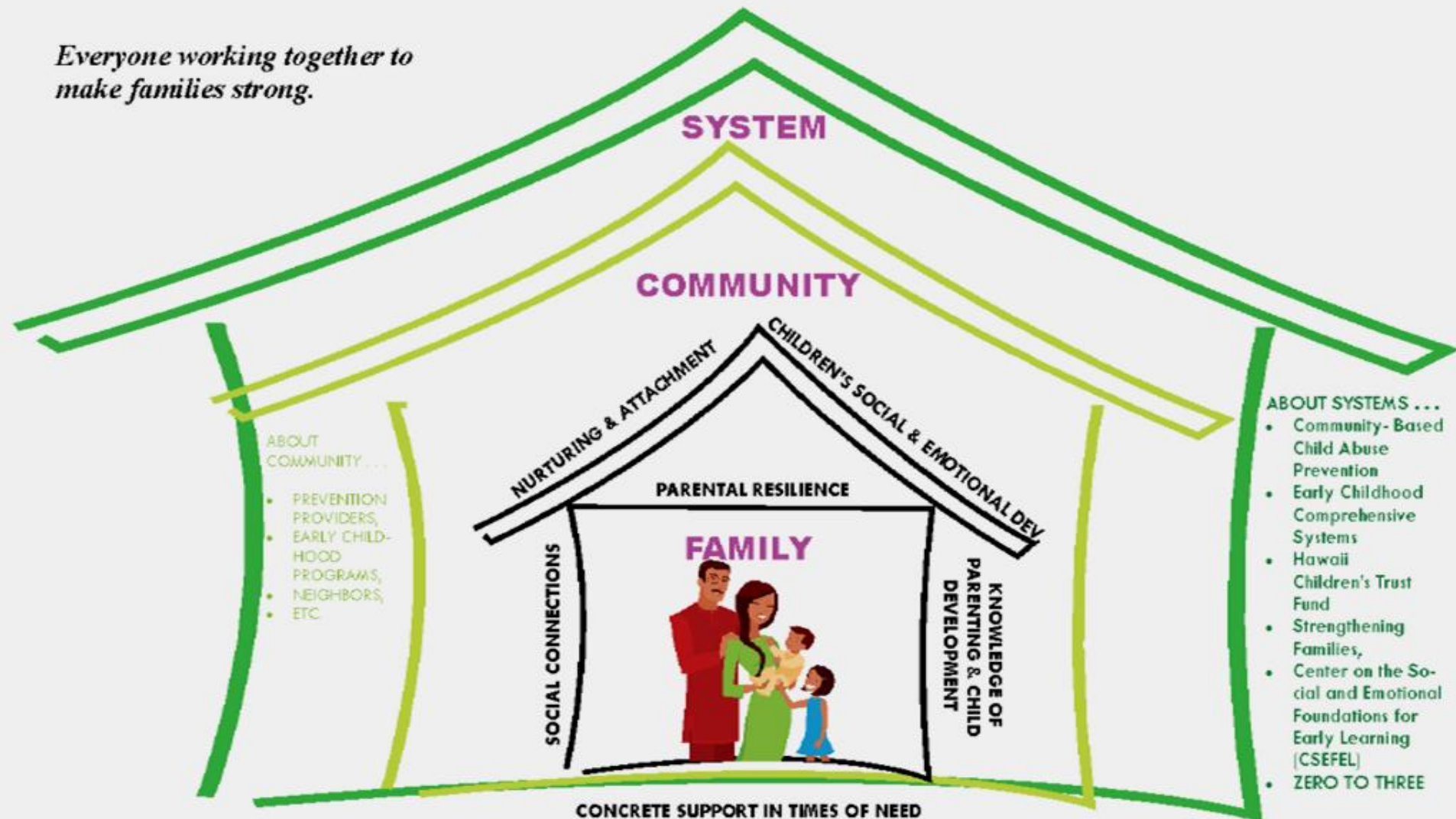
- Physical abuse
- Sexual Abuse
- Psychological Abuse
- Neglect
- Failure to Supervise



# Protective Factors Approach



*Everyone working together to  
make families strong.*



# Families most at risk:

- Young children
- Race
- Poverty
- Parental drug involvement
- Single Parenting
- If all 5 at greater risk than in only one

Also -

- Referred but not confirmed

# No Single Risk Factor or set

- Interplay between parent and child, family and environment
- Takes place all communities and all ages
- No single solution
  - Individual – community
  - Coordination between CPS and other prevention efforts





# Changing Paradigm

- Traditional response focus on identifying, reporting, and reoccurrence
- New framework focusing on strengthening protective factors
  - build family and social networks
  - Increase ability of family to care for children
  - Build on strengths children at different ages
- Moving from individually focused toward community-focused system of shared responsibility

Prevention conceptualized as investing in future outcomes by influencing current behaviors or conditions.

Stagner and Lansing, 2009



# Summary of evidence-based prevention

<u>Strategy</u>	<u>Reduced abuse</u>	<u>Attitude change</u>
Product (soft baby carrier)	effective	promising
Physical environment	insufficient	insufficient
Parent Behavior		
Newsletter/ print	insufficient	not-effective
Videotape	insufficient	promising
Parent support	insufficient	promising
Home visitation	effective	Effective
Triple P	effective	effective
School SA prevent	promising	promising

# Targeting Multiple Outcomes

1. Promotion of child well-being
  - addressing common parenting challenges
  - strengthening parental competence and confidence
  - improving child adjustment at school entry
2. Change community norms to focus on non-coercive parenting
3. Prevention of children's (early) behavioral and emotional problems

# Recap of the Paradigm

- Population perspective
- Implement multilevel interventions with have multiple benefits (targets)
- Utilize the existing workforce in multiple settings/disciplines
- Efficient use of multi-level interventions
- Continuity of principles and strategies across all levels, media and settings



# Period of Change

- “Invitation” to reassess
- Stretch to new
- Harness power



# Remember:

- Not everyone takes preventive action even if appears to be best interest
  - Failure to grasp benefits
  - Inadequate resources
  - Failure to understand causes
  - Indifference to consequences





